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METRO GUEST COLUMNIST RICK MERCER TELLS WHY HE'LL BE WEARING PINK WEDNESDAY TO PUT AN END TO BULLYING

PAGE 9

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It was announced Monday that Canadian indie rockers Metric will perform at this month's Juno Awards ceremony in Regina. The band's newest album, Synthetica, is nominated for five Junos this year, including Juno fan choice, group of the year and alternative album of the year.

CONTRIBUTED/THE ASSOCIATED PRESS

Sask. a winner as Canada, India seal nuclear deal: Wall

Trade agreement. Premier says province's uranium exports to India could triple over the next 15 years

MORGAN MODJESKI
Metro in Saskatoon

Saskatchewan could reap billions of dollars in economic benefits from a new nuclear trade agreement between Canada and one of the world's fastest-growing economies.

Joe Oliver, federal minister of natural resources, was in Saskatoon on Monday to announce the signing of the Canada-India Nuclear Cooperation Agreement by both countries.

The agreement, when it takes effect, will allow Canadian nuclear companies to export controlled nuclear materials, technology and equipment to India for peaceful purposes.

"Because India is such a large consumer of energy, it's particularly important in the natural-resource sector," Oliver explained at Cameco's headquarters.

"But more broadly than that, there's a great deal of science and technology and other areas that are relevant to our current trade and our potential trade."

The pact, said Premier Brad Wall, will mean billions in export sales for Cameco and other Saskatchewan-based uranium companies.

Wall added that the agreement will create jobs in the province, and noted that these kinds of international deals will advance Saskatchewan's position as an energy provider in Asian-Pacific markets.

"This is the final step," said Wall. "Now we get to the real nitty-gritty where the I's are dotted and the T's are crossed, and export permits can be negotiated by companies and we can see the movement of Saskatchewan uranium into the market."

Oliver described the agreement as "a sign of confidence and a good, further step in the relationship between Canada and one of the largest, fastest-growing economies in the entire world."

Safeguards

Wall and Oliver said they're confident the exported uranium will not end up in the wrong hands, as the agreement will be monitored under safeguards applied by the International Atomic Energy Agency.

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City preps for record water levels

'High-risk' zone. WSA offers flood update for the spring

JEFF MACKEY
jeff.mackey@metronews.ca

The Water Security Agency has updated its spring run-off forecasts for Saskatchewan, pointing to a more severe run-off in the majority of the province because of above-normal precipitation last month.

"Since we released the March forecast on March 11, a few things have changed," Ken Cheveldayoff, minister responsible for the Saskatchewan Water Security Agency (WSA), said on Monday. "We have far more snow than normal in many areas, especially southwest of a line through North Battleford, Saskatoon, Moose Jaw, Regina, Weyburn and Estevan."

"As a result, the potential size of the run-off area and the risk of flooding has increased," he continued. "The WSA's April forecast has larger areas with very high and well above-normal run-off."

Regina is in one of the "high-risk" zones in the forecast. The city is preparing for a possibility of once-in-50-years water levels on Wascana Lake, as well as corresponding flows in Wascana Creek.

"There is really no big surprise for us," said Jay O'Connor, of emergency management with the City of Regina.

"But they (WSA) have added the provision that depending on what the weather does it could be a lot worse, closer to some record levels," said O'Connor. "We knew that going into this, and that is what we have been preparing for — and I think we are well prepared for what is coming down the system."

The updated forecast projects that the water level on Wascana Lake will hit 571.8 metres above sea level, more than 1.2 metres higher than usual — exceeding the level seen in 2011, when the province experienced severe spring flooding.

Ken Cheveldayoff, minister responsible for the Saskatchewan Water Security Agency, addresses the media on Monday at the Legislative Building in Regina. JEFF MACKEY/METRO

Women escape serious injury in axe assaults

The 2000-block of St. John Street, where police were called Sunday night about an attack with an axe on a woman. ROSS ROMANIUK/METRO

A Regina man has been charged after allegedly assaulting two people with an axe in separate incidents. And the victims are fortunate to have escaped serious injury.

City police charged 25-year-old Jason Lee Bird after responding to two calls on Sunday evening of assaults involving an axe.

Police were called to the 1200-block of Argyle Street after a 37-year-old woman said she had been assaulted.

Officers responded to the second call shortly after the first incident. Police went to the 2000-block of St. John Street where they saw a man attacking a 20-year-old woman.

The suspect fled the scene and was tracked down by officers using a canine unit, police said.

"The suspect and the victims are all known to each other," Kaeli Decelles, police spokesperson, said on Monday.

"Any time there's any kind of assault, no matter if it has a weapon or not, it's always a good thing when they don't have injuries."

Bird, however, was sent to a hospital for treatment of minor injuries and while there, he allegedly damaged property — leading to mischief charges.

He appeared in provincial court in Regina on Monday to face charges including assault with a weapon, uttering threats and breach of probation. ROSS ROMANIUK/METRO

Police investigating motive

Police didn't speculate on a motive for the alleged assaults.

- "We always want to know why people did the things that they did," police spokesperson Kaeli Decelles said.
- "That's the question our investigators are asking."

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Beer? Bar lets you help yourself

Birmingham's.
New draft tables turn thirsty customers into bartenders

ALYSSA MCDONALD
alyssa.mcdonald@metronews.ca

A Regina bar is giving you a chance to pour your own draft without leaving your table.

The newly opened Birmingham's Vodka and Ale House has purchased draft tables that feature two taps connected to kegs underneath, so customers can become the bartenders.

"Every person in their own mind is the best bartender in the building," said Chad Zipchian, owner of Birmingham's in the city's east end.

"This is about as close as any civilian that's not in the bar industry will get to pour on professional taps."

The taps swivel 360 degrees, so the beer drinkers — eight fit at a table — don't need to get up to pour. The screen on the tap even offers tips on how to pour the perfect beer, and the whole system is run from behind the bar by staff with credits given to the table.

Zipchian says the tables are the only ones of their kind in Western Canada. The only place where he has seen similar tables is in Quebec.

When summer does finally come to the Queen City, Zipchian plans to move the draft tables out to his deck. Each of the two tables has its own self-contained cooling system keeping the beer at about 2 C.

"It's basically ice-cold beer at your fingertips," said Zipchian.

The renovated Birmingham's opened about two weeks ago where The Hub Sports Bar and Grill was located. It plans to feature more than 120 types of vodka, and it has a private room with options for music and televisions controlled by the customer's iPhone.

Chad Zipchian, owner of Birmingham's Vodka and Ale House, with the bar's draft tables that were put in on Monday. ALYSSA MCDONALD/METRO

City council gives OK to debt-limit hike

Mayor Michael Fougere says the city's debt ceiling needs to be raised to include projects fundamental to Regina's growth. ALYSSA MCDONALD/METRO

City council is going forward with plans to increase the municipal debt limit as well as focus on the local housing crisis.

Council voted Monday night to continue with plans to raise the total debt limit to $450 million from $350 million — to include debt to the provincial government for the Saskatchewan Roughriders' new stadium.

Representatives of the city will approach the Saskatchewan Municipal Board (SMB) to either exclude the additional $100 million from the debt or increase the limit so the lump sum may be included.

"The numbers we show are important infrastructure that we must have to grow. This council has decided they will use debt to cover that cost," said Mayor Michael Fougere.

"If we neglected doing (some of these projects), I think we would have to answer questions to why we didn't take steps to fix this."

The city approached the SMB last May to bump the debt ceiling to $350 million. At the end of 2012, the city was about $80 million in debt.

Council also unanimously decided to use money in the city's general fund reserve to pay for a summit aimed at tackling Regina's housing woes. The exact budget will depend on the number of participants — estimated at 150 to 200 people — but it will cost $42,000 to $52,000.

Other items approved include two housing developments: The Hawkstone subdivision north of Rochdale Boulevard and a group of dwellings at the corner of Gordon and James Hill roads.

ALYSSA MCDONALD/METRO

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Mom confessed to dumping babies in trash, court hears

Meredith Borowiec in court last month. JANICE FLETCHER/THE CANADIAN PRESS FILE

Warning: Disturbing content. Woman tells police on tape that she knew they were alive

A woman charged with killing two of her newborns admitted to police that she heard the babies cry before she put them in trash bags and dropped them into garbage bins, but denied doing anything to hurt them before she threw them away.

Meredith Borowiec, 31, told police she had her first child in 2008 and didn't even look to see whether it was a boy or a girl before she wrapped the infant in a towel and put it in a garbage bag.

She admitted to the same scenario in 2009 when she again gave birth into a toilet in her Calgary apartment, wrapped the child in a towel and dropped it into the bathroom garbage before walking out to a dumpster.

In a video interview with police after her arrest in November 2011, Borowiec says she heard a noise "like a kitten" from her first child and, the following year, knew her second child was alive as well.

"It was like something took over me. It was like I wasn't in control," she says in the video.

Borowiec was initially charged with attempted murder after another newborn was saved from a trash bin outside the woman's home in 2010. A trial on that charge is scheduled for this fall.

She was later charged with second-degree murder in the deaths of the two other babies that investigators believe were born previously.

The video was played Monday at her trial on the murder charges.

Det. Karla Malsam-Dudar asks Borowiec what she was thinking as she dropped the babies, alive, into the garbage.

"That I was horrified with myself," she replies.

Malsam-Dudar asked Borowiec if she had done anything to silence the two infants.

"No. I didn't want to hurt it," Borowiec replies. "I don't have violent tendencies."

"What did you think would happen to them when you put them in the garbage?" Malsam-Dudar asks.

"I was hoping somebody would help them out."

The defence is challenging the admissibility of the evidence. THE CANADIAN PRESS

Trying to keep the secret

Meredith Borowiec says in a police interview that she kept her pregnancies secret from co-workers by telling them she only appeared pregnant because she had cysts on her uterus.

- **Personal life.** She says that her boyfriend, who she believes was the father of all the children, was unaware that she was pregnant both before and after the births.

Girls plead not guilty to pimping other girls

The youngest victim of a prostitution trafficking ring, then 13, believed she was heading to a sleepover with girls, not much older than herself, who she'd met online — but instead she was drugged, stripped, photographed and pimped out, the Crown alleges.

Crown lawyers began arguing their case Monday against three teenage girls, two aged 15 and one 16 when they allegedly ran a prostitution ring in Ottawa last year.

All three pleaded not guilty to 36 charges, including human trafficking, forcible confinement, assault, robbery and uttering threats.

They are the first minors in Canada to be charged with human trafficking.

Two of the defendants are facing more charges, including three counts of making child pornography for allegedly taking photos of the victims and sending them to johns, as well as kidnapping, invitation to sexual touching and sexual assault.

The Youth Criminal Justice Act prevents the identification of both the accused and their alleged victims.

Crown lawyers Julien Lalande and Fara Rupert said their case will be built on the testimony of victims; some of the pimps; witnesses whom the girls talked to; as well as Facebook conversations, tweets and photos taken from the phone of one of the accused.

The Crown believes the accused befriended other girls, invited them to social events and then, through threats and violence, forced them to co-operate with their plans.

According to the Crown, four girls, three of them under the age of 18, were forced to perform sex acts, including oral and vaginal sex.

Two other girls were beaten, stripped and photographed, the Crown alleges. JESSICA SMITH/METRO IN OTTAWA

Into their world

The first witness, Det. Carolyn Botting, offered a glimpse into the accused girls' world when she described the graffiti officers found when they searched one of their bedrooms.

- **Graffiti.** All over the walls were rap-inspired nicknames, declarations of love and solidarity with each other and scattered phrases, including "Sex is like chocolate," "We say FK the police in my house," "Money make me come" and "Jiiizzzz" — slang for ejaculate.

Magnotta hearing in final week

Daran Lin, father of victim Jun Lin, leaves the court Monday as the preliminary hearing of Luka Rocco Magnotta enters its final week in Montreal. Magnotta sat impassively as a friend of Jun Lin answered questions from Crown and defence lawyers. RYAN REMIORZ/THE CANADIAN PRESS

Alysena 28

Birth-control pills recalled for fear of extra placebos

The maker of the birth-control pill Alysena 28 has issued an urgent recall after it was discovered that one lot of the contraceptive may have been incorrectly packaged with only two weeks of drug-containing tablets instead of three.

Women taking the incorrectly packaged pill would not receive the proper amount of contraceptive, raising the possibility of an unplanned pregnancy.

Apotex Inc. said the product's 28-day blister packs should include 21 active birth-control pills plus seven placebo tablets that contain no drug.

It said blister packs in the affected lot — LF01899A — may instead contain 14 placebo pills and 14 active tablets. THE CANADIAN PRESS

New York City

Cookie Monster hit with charges

A man dressed as the Cookie Monster has been accused of shoving a two-year-old in New York City's Times Square and has been charged with endangering the welfare of a child.

A family posed for a photo with the man dressed as the Sesame Street character. Police say he demanded $2 but the family refused to pay. A criminal complaint says the man pushed the toddler and yelled obscenities at the family. THE ASSOCIATED PRESS

Tennessee

4-year-old shoots woman dead

Authorities say a four-year-old boy grabbed a gun at a family cookout and accidentally shot and killed the wife of a Tennessee sheriff's deputy.

Investigators say the deputy was showing his weapons to a relative in a bedroom of his home on Saturday when the toddler came in and picked up a gun off the bed. Police say the weapon discharged, hitting 48-year-old Josephine Fanning. THE ASSOCIATED PRESS

Canada remembers Iron Lady

Dead at 87. Political patrons and opponents reflect on Britain's polarizing PM Margaret Thatcher

A giant, an inspiration and an Iron Lady who rejuvenated conservative politics: that's how Margaret Thatcher was remembered Monday by Canadian politicians as they weighed in on the death of an influential British leader.

"I think if you look at the sweep of her life, what she did — not just in Britain, but what she did on the world stage — really laid the groundwork for the freedom and the prosperity and opportunity that so many people around the world enjoy today," Prime Minister Stephen Harper told a news conference.

In an earlier written statement, Harper described Thatcher, who died Monday of a stroke at age 87, as having had "that rarest of abilities to herself personify and define the age in which she served."

Liberal Bob Rae, while disowning Thatcher's politics, echoed that sentiment.

"Mrs. Thatcher served as British prime minister for more than a decade and in many ways defined conservative politics of her time," Rae said.

While the Conservative leader was the odd woman out on the right in the international scene when she came to power in 1979, she was soon joined by ideological cousins, including Ronald Reagan in Washington and Brian Mulroney in Ottawa.

"Like every great leader, with strong convictions and a bold vision, she made enemies. ... But in a series of visits to Canada she won many friends here," said Mulroney.

THE CANADIAN PRESS

Reaction

"As a politician I respected her. She was fighter. I respect that a lot."

Former prime minister Jean Chrétien

Margaret Thatcher and Pierre Trudeau are shown in Australia in this Oct. 4, 1981, photo. The first female British prime minister, who suffered from dementia in her final years, died of a stroke on Monday. THE CANADIAN PRESS FILE

Twitter

That-cher hashtag stirs singer's fans

Cher

A confusing hashtag sent some Cher fans into a twitter tizzy, thinking the iconic pop star had died.

In fact, #nowthatchersdead refers to the death of the U.K.'s first and only female prime minister, who died Monday at the age of 87. Thatcher, who served as prime minister from 1979 to 1990, died after a lengthy illness.

But social media users clearly read the hashtag the wrong way, thinking it meant "now that Cher's dead."

TORSTAR NEWS SERVICE

5 THINGS TO KNOW ABOUT MAGGIE

TEXT: METRO WORLD NEWS IN LONDON
PHOTOS: THE ASSOCIATED PRESS/GETTY IMAGES

Maggie clad in iron

She wasn't called The Iron Lady for nothing. Shaped by a hard-line political and economic stance, Thatcher shut down national coal mines, slashed social spending, refused to recognize Northern Irish political prisoners and introduced a "poll tax."

Britain's first and only female PM

Thatcher, when elected in 1979, became Britain's first and so far only female prime minister, and the West's first female head of government. Her political dominance and leadership helped her in three consecutive terms, and inspired women worldwide to break the glass ceiling of male-dominated politics. She is also credited with contributing to the demise of the Communist bloc.

Queen of the '80s

With her fondness for the private sector, deregulation and big missiles, Maggie embodied the zeitgeist of the 1980s and she was loved for it. The 1982 Falklands War boosted her popularity, while she and Ronald Reagan formed a formidable power couple.

No sleep, no problem for one of the 'Sleepless Elite'

The tireless Thatcher famously said while in power she could get by on just four hours a night. She joins the genetically blessed "Sleepless Elite," a band of top historical figures and leaders (including Napoleon, Da Vinci, Churchill and Florence Nightingale) who needed five hours or less of shut-eye.

'Power dressing' personified

Her sense of style was as powerful as her politics. Sporting a helmet of deep strawberry hair, broad Royal blue skirt suits, and the famous handbag, Thatcher pioneered the "I'm shoulder to shoulder with men" look.

North Korea. Pyongyang suspends operations at North-South factory

North Korea said Monday it will suspend operations at a factory complex it has jointly run with South Korea, pulling out more than 53,000 North Korean workers and moving closer to severing its last economic link with its rival as tensions escalate.

The Kaesong industrial complex just north of the Demilitarized Zone is the biggest employer in North Korea's third-largest city. Shutting it would show the country is willing to hurt its own economy.

Pyongyang's move follows weeks of threatening rhetoric aimed at Seoul and its U.S. ally following U.N. sanctions punishing the North for its third nuclear test, on Feb. 12. In recent days there have also been worries in Seoul of an even larger provocation from Pyongyang, including another possible nuclear test or rocket launch. THE ASSOCIATED PRESS

Poland. Thousands of Jewish youths march to honour Holocaust victims

Thousands of young people from Israel and other countries marched in silence Monday at Auschwitz-Birkenau, the former Nazi death camp in Poland, to pay homage to six million Jews killed during the Holocaust.

Frank Lowy of Australia, a Holocaust survivor whose father died in the camp, joined the youths as they walked between the two main sections of the complex, Auschwitz and Birkenau.

Youths march to honour the dead.
ALIK KEPLICZ/THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

Ireland. Inquest opens into death of Indian woman denied abortion

The widower of an Indian woman who died in an Irish hospital after being denied an abortion has told a coroner's inquest that a doctor denied her a termination on the grounds that "Ireland is a Catholic country."

Praveen Halappanavar made a lengthy statement Monday at the start of an investigation into why his 31-year-old wife, Savita, died at University Galway Hospital last October.

The hospital has already apologized. The inquest seeks to determine whether Halappanavar died because her miscarrying fetus was not aborted despite severe pain.

She died from blood poisoning and organ failure four days after the fetus' heartbeat stopped and its remains were removed.

Abortion remains outlawed in Ireland except in life-threatening cases. THE ASSOCIATED PRESS

The dog ate my money

Pet owner asks for reimbursement for eaten $100 bills

A Montana man whose golden retriever ate five $100 bills hopes to be reimbursed by the federal government.

Wayne Klinkel tells the Independent Record that his dog Sundance ate the bills while he and his wife were on a road trip. He says he picked through the dog's droppings, and his daughter recovered more when snow melted.

He says he washed the remnants and taped them together and sent them to the Treasury Department with an explanation.

THE ASSOCIATED PRESS

Plan used bed of nails

Bandits steal millions in highway heist

Bandits armed with Kalashnikov rifles stole an estimated $2.6 million Monday by setting a big-rig truck on fire to block a highway in northern Italy and then blowing open an armoured truck, a company official said.

No one was injured, said Marco Meletti, a spokesman for the transport company.

Some reports put the amount of money at $13 million, but Meletti denied that. An Italian news agency said the bandits escaped by car after strewing nails on the road to slow police. THE ASSOCIATED PRESS

A real sweet tooth

Sticky fingers: Thieves steal 5 tons of Nutella

These thieves might really have sticky fingers.

Police said Monday an unknown number of culprits made off with 5.5 tons of Nutella chocolate-hazelnut spread from a parked trailer in the central German town of Bad Hersfeld over the weekend.

The gooey loot is worth an estimated $21,000.

German news agency dpa reported that thieves have previously stolen a load of energy drinks from the same location.

THE ASSOCIATED PRESS

PETA apologizes to musher for accusation

Oops. Iditarod dog racer called the apology 'weak'

People for the Ethical Treatment of Animals has apologized to an Iditarod Trail Sled Dog Race musher whose dog died at a checkpoint.

PETA last month accused Alaskan musher Paige Drobny of leaving her dog unattended and said she should be criminally prosecuted.

Drobny dropped a dog at a checkpoint with race officials but snow from a storm covered the dog and it died of asphyxiation.

Drobny's attorney threatened to sue if PETA didn't retract its accusation. A PETA statement says Drobny couldn't have known a storm was heading to the checkpoint and that she's not culpable for the dog's death.

THE ASSOCIATED PRESS

In this March 5 photo, Paige Drobny of Fairbanks tends to her dog team in the Athabaskan village of Nikolai, Alaska, during the Iditarod Trail Sled Dog Race. PETA has apologized to Drobny for accusing her of leaving her dog unattended. Drobny has called the apology "weak." BILL ROTH/ANCHORAGE DAILY NEWS/THE ASSOCIATED PRESS

California. Trial over lead warning labels on baby food begins

A trial began on Monday in a lawsuit filed by an environmental group against the nation's largest baby-food makers aimed at forcing the companies to alert consumers that some products contain low amounts of lead.

The trial will help determine if the products must carry warning labels in California.

Gerber Products Co., Del Monte Foods, Beech-Nut Nutrition Corp., and many other makers of baby foods and juices are selling products containing lead at levels that require warning labels under California Proposition 65, the Environmental Law Foundation asserts in the suit.

Lawyers for the companies say the U.S. Food and Drug Administration tested products targeted in the lawsuit and decided levels were below the federal standards that require a warning. FDA tests on products named in the lawsuit also found lead levels "below FDA's current tolerable intake levels for lead."

Lead poisoning

More than 500,000 U.S. children are believed to have lead poisoning, according to the Centers for Disease Control and Prevention.

- Old paint, contaminated drinking water and soil tainted by old leaded gasoline are the primary sources of lead exposure, according to the Centers for Disease Control and Prevention.

But both sides in the case agree on one fact: Baby foods containing carrots, peaches, pears and sweet potatoes have some lead. Also covered by the suit are grape juice and fruit cocktail.

Lead exposure can damage a child's developing brain but overall, lead poisoning in the U.S. has declined since it was removed from paints and gasoline formula. THE ASSOCIATED PRESS

Survey says penis size really does matter

Science has spoken and, yes, gentlemen, size does matter.

A newly published study by a University of Ottawa researcher has concluded penis length exerts a measurable sway on females evaluating potential sexual partners.

"We found that flaccid penis size had a significant influence on male attractiveness," concludes the study that was published Monday in the Proceedings of the National Academy of Science.

"Males with a larger penis were rated relatively more attractive."

Biologist Brian Mautz said he came to the study through curiosity over the evolution of male genitalia.

Mautz tried to mask his study's intent by introducing three variations on male appearance: body shape, height and penis size. Overall, body shape accounted for about 80 per cent of the variation in attractiveness scores, penis size about six per cent and height about five per cent.

That attraction, however, wasn't a simple formula of bigger is better. "Attractiveness increases rapidly until you reach around average for each of the three traits," said Mautz. "Then, although the attractiveness continues to increase, it doesn't increase as much." THE CANADIAN PRESS

A researcher measures a model of a penis. A study has found length sways preference. THE ASSOCIATED PRESS FILE

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Federal policy enabled RBC outsourcing mess, immigration expert says

Foreign workers. Firms are responding to incentives Ottawa created, lawyer notes

Contractor investigated

- The federal government is investigating iGate, the contractor being used by RBC to outsource dozens of Toronto jobs.
- A spokeswoman for Human Resources Minister Diane Finley says the investigation is based on discrepancies between public statements by RBC and information previously provided to the government by iGate.
- To obtain permits for temporary foreign workers, companies need to show a Canadian cannot be found to do the work.

Observers say the controversy over the Royal Bank of Canada's decision to outsource dozens of Toronto jobs is part of an alarming trend bolstered by government policy.

Immigration law expert Audrey Macklin says the government encourages companies to employ temporary foreign workers either directly or indirectly by processing their immigration documents faster and by allowing companies to pay those workers up to 15 per cent less than Canadians.

She says a company like RBC is simply responding to incentives the government has created.

Human Resources minister Diane Finley has said the Temporary Foreign Worker Program is only to fill "acute labour needs" when Canadians aren't available for the work required.

But NDP Leader Tom Mulcair says the Conservative government has done nothing to stop a situation like RBC's, which he says is depriving Canadians of their livelihoods.

RBC has repeatedly said it did not hire foreign workers to take over the job functions of current employees, but said it used the services of outside companies to improve "operational effectiveness."

Many Canadians have expressed outrage and even threatened to close their accounts upon learning that Canada's largest bank had outsourced the jobs of 45 Toronto employees to an external supplier.

THE CANADIAN PRESS

Putin just loves those topless trade missions

A topless demonstrator with messages written on her back walks toward Russian President Vladimir Putin, left, as he tours a trade fair in Hannover, Germany, with German Chancellor Angela Merkel on Monday. The trip underlines Russia's interest in developing foreign trade, including further business ties with Germany. JOCHEN LUBKE/DPA/THE ASSOCIATED PRESS

One-day event

McDonald's to stage hiring blitz

McDonald's will hire more than 6,000 people on Thursday. Job seekers are being invited to apply in person at their local McDonald's. Those unable to apply in person can go to worksforme.ca to submit applications.

TORSTAR NEWS SERVICE

Market Minute

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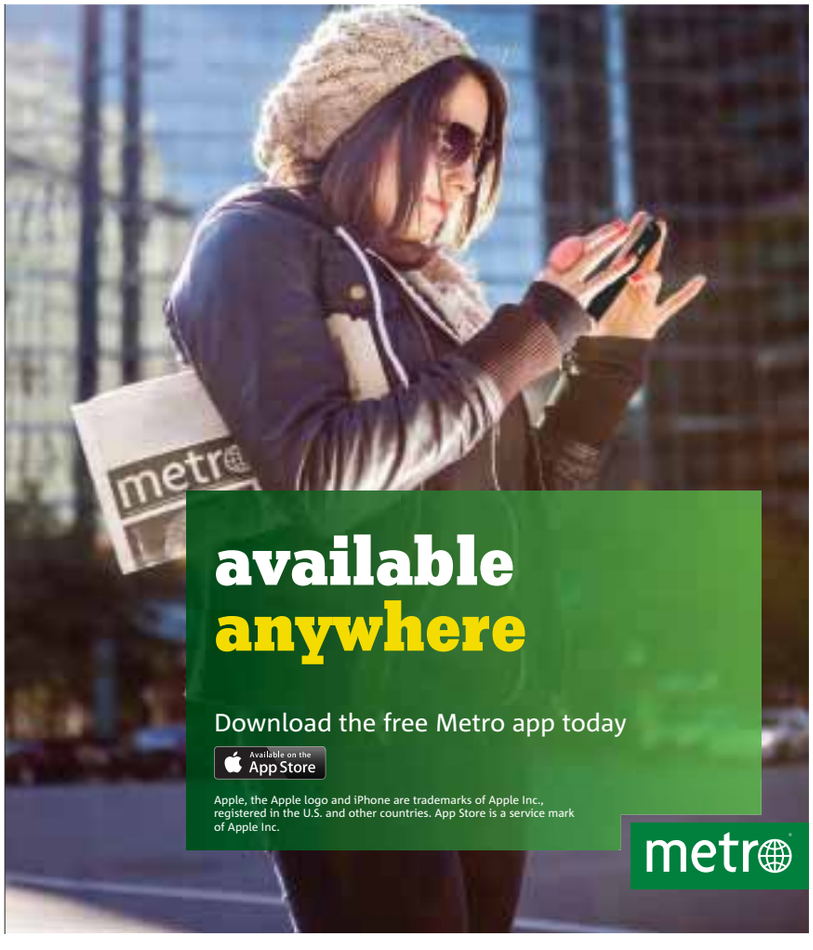
Dow Jones: 14,613.48 (+48.23)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Nuclear. Proposed liability is not enough: Greenpeace

Newly released government documents suggest Ottawa wants nuclear operators to be on the hook for more than $650 million in damages in case of an accident. But Greenpeace Canada says the documents also suggest Ottawa is talking only to the nuclear industry as it redefines its nuclear liability regime. "We're concerned that the Harper government's cosy relationship with industry is putting the interests of the nuclear lobby above the safety of Canadians," said Shawn-Patrick Stensil of Greenpeace Canada. THE CANADIAN PRESS

Shoe fetish? Canuck men are going beyond black brogues

Now that they've nailed the skinny suit, Canadian men have started buying up fashionable shoes to match. Sales of men's footwear increased by 13 per cent in Canada in 2012, according to research from The NPD Group.

While women's shoes sales grew by three per cent in 2012, sales of footwear for men pulled overall growth in the industry up by six per cent, to a total of $5.1 billion in sales.

"We're always quick to assume that women impel the success of the footwear market, but what we're experiencing instead in Canada is a complete takeover of the shoe closet by men's footwear," said Tracey Jarosz, executive director for Canada Fashion at The NPD Group.

Jarosz said all men's footwear categories grew in 2012 in Canada — athletic shoes, dress shoes, casual shoes, boots and sandals. "We know it started with apparel last year as men started to purge their closets and buy more tailored clothes. I think footwear is the next natural progression," she said.

TORSTAR NEWS SERVICE

A Prada men's shoe.
TORSTAR NEWS SERVICE FILE

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SNAP, SEND, SEE IT DISAPPEAR

SHE SAYS

Jessica Napier
metronews.ca

"I'm not using it for sexting!" I exclaimed as I snatched my iPhone back from my friend whose eyebrows were raised disbelievingly. I had just received a slew of notifications from Snapchat and felt the need to defend my decision to download an app known for promiscuous photo exchanges.

If you're not in high school, there's about an 80 per cent chance you've never even heard of Snapchat, so allow me to fill you in. The decidedly simple app allows users to transmit photos and videos that expire after a prescribed amount of time: between one and 10 seconds. Once a message has been viewed, it disappears from the user's phone and Snapchat's own company servers. The free app is a relatively inane form of time-wasting, but it's also strangely addictive.

Creators Evan Spiegel and Bobby Murphy originally designed the app as part of a class project at Stanford University. When presenting their idea, a venture capitalist sitting in on the class told Spiegel that the app could be interesting if he made the photos permanent. The tech-loving wunderkind and his partner ignored this advice and launched the self-destructing messaging service to the public in September 2011.

Available on iPhone and Android devices, the free app currently has more active users than Instagram, but isn't without its critics. Many have dismissed it as a way for bored teenagers to exchange risqué messages without getting caught by their parents. But while it's likely that many are using the service to transmit content of the not-so-clothed variety, it's important to note that the app is gaining traction and developing a substantial user base beyond the horny coed demographic. More than 100 million images and videos are sent through Snapchat every day and the app is generating a lot of buzz — although no actual revenue as of yet.

As we become increasingly obsessed with documenting and cataloguing our lives on social media, I can see the appeal behind a communication tool that operates on impermanence.

While most social networking platforms are highly self-conscious — requiring users to create their own carefully-curated persona to package and present to their friends and fans — Snapchat facilitates a more spontaneous and candid form of communication.

Its growing popularity is a reactionary response to the highly-processed and everlasting content on other social media platforms. Not everything we say and do should stick around forever and it's this desire for impermanent forms of expression that Spiegel and Murphy were able to tap into. Despite the opposition, the young developers — who have since received nearly $14 million in venture funding — knew that the disappearing nature of the messaging service would be its ultimate appeal. So even though it might be known for facilitating evidence-free sexting, the app also offers a new way for all of us to avoid being haunted by a "digital trail" and communicate in a more uninhibited manner.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Drones used to protect rhinos

ANUPAM NATH/THE ASSOCIATED PRESS

Cameras help spot poachers in Indian national park

Wildlife authorities used drones on Monday for aerial surveillance of a sprawling natural game park in northeastern India to protect the one-horned rhinoceros from armed poachers.

Security officers conducted flights of the unmanned aircraft over the Kaziranga National Park. The drones will be flown at regular intervals to prevent rampant poaching in the park located in the remote Indian state of Assam.

The drones are equipped with cameras and will be monitored by security guards, who find it difficult to guard the 480-square kilometre reserve. THE ASSOCIATED PRESS

Park has largest number of one-horned rhinos in the world

- Poachers armed with automatic rifles killed 22 rhinos last year in the park, but have killed 16 rhinos already this year.
- Rhino horn is in great demand in China and Southeast Asia, where it is believed to have medicinal properties.
- In recent weeks, wildlife authorities in Assam have deployed 300 armed guards to protect the rhinos in Kaziranga, but they have been no match for organized gangs of poachers who have been managing to strike at the rhinos with increasing regularity.

New on RMR: I'm wearing pink to protest bullying

RICK MERCER
Guest columnist
readers@metronews.ca

Tomorrow I will wear pink. Full disclosure, I don't usually wear pink, I'm a black-and-white guy and even blue jeans are a stretch. That said, I am happy to make the exception if it means stating loud and clear that bullying, discrimination, homophobia and transphobia in schools and communities across Canada must end.

We all know that bullying can be fatal.

We've heard the tragic tales of kids like Jamie Hubley and Amanda Todd who ended their lives after being subjected to bullying at school. We hate to admit it, but we know that there are more kids out there today who are suffering in silence.

The Day of Pink is an important solution to this problem not only because it helps to raise awareness but because of where the entire idea came from.

When students in Nova Scotia saw a younger student being harassed because he was wearing pink, they decided to do something. They took it upon themselves to buy every pink shirt in town and they did it on their own dime. The next day they handed these shirts out at school. Suddenly the bullies who were making this young man's life miserable were surrounded by students in pink. They learned in no uncertain terms that the vast majority of kids were not going to accept their behaviour. Message sent. To me, the kindness, courage, compassion and creativity exhibited by this gesture is what being Canadian is all about.

Those kids stood up for someone who wasn't in a position to stand up for himself. They could not have any idea what they started. This past year, 8.1 million kids around the world wore pink on the International Day of Pink to send the same message. The Day of Pink, like the zipper, is a Canadian success story. Someone should get these kids the Order of Canada.

Kudos to Jer's Vision, an incredible organization of young people, for working so hard to make the Day of Pink an international success story. I'm proud to support them and I look to them for solutions.

They are young, I am not, and they know what's going on in Canadian schools. Thankfully, I don't. I will take their lead. They want me to wear pink? I'm in.

So please folks, wear pink tomorrow, or at the very least, throw a red sock in your white laundry tonight.

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

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DVD reviews

Hyde Park on Hudson

Director. Roger Michell

Stars. Bill Murray, Laura Linney, Olivia Williams

Bill Murray makes a charming Franklin Delano Roosevelt and Laura Linney a stoic mistress Daisy in Hyde Park on Hudson, a film split between history, gossip and whimsy. But they've both got their work cut out for them with the wafer-thin screenplay, which Richard Nelson adapted from his BBC radio play of the same name. Titled for FDR's upstate New York retreat, where America's longest-serving president took refuge — and rumoured sexual liaisons — as the Second World War threatened, Roger Michell's film struggles for definition as either daffy comedy or insider's view of history. Samuel West and Olivia Colman steal scenes as visiting King George VI and wife Queen Elizabeth (the future Queen Mum), befuddled by hot dogs and emboldened by booze during their 1939 visit with FDR, but The King's Speech 2 this isn't.

Best of Warner Bros. 20 Film Collection: Romance

Continuing its 90th anniversary celebration with a romance-themed boxed set, Warner Bros. also showcases the strong women who have enlivened the studio's classics. This collection spans decades, continents and temperaments: from the spiky southern belles of Jezebel — Gone With the Wind, Annie Get Your Gun, Cat on a Hot Tin Roof and Splendor in the Grass — to the northerly tempests of The Philadelphia Story, Now, Voyager, A Streetcar Named Desire and Rebel Without a Cause; to the foreign femmes and intrigues of Casablanca, Mrs. Miniver and Doctor Zhivago; to the modern women and wiles of A Touch of Class, The Goodbye Girl, The Bodyguard, You've Got Mail and Two Weeks Notice.

PETER HOWELL

Rob Thomas and Kristen Bell are getting to work on the new Veronica Mars movie. GETTY IMAGES

How to shoot for Mars with $2 million

Kickstart cred. Veronica Mars creator Rob Thomas lets Metro in on some of the details about the upcoming fan-funded film

MICHELLE CASTILLO
Metro World News in New York

Rob Thomas gave Metro World News some details about the upcoming Veronica Mars movie — which is scheduled for release in 2014 — and details about how the project came to be.

The initial goal of $2 million seems small for a movie. Would it even be possible to make a Veronica Mars film with that budget?
When Kristen and I went into it, we sort of agreed that we would make the, she called it the "No fancy trailers" budget. She and her husband had just done that movie, Hit and Run, and I think they made it for around $2 million.

So that was part of the ethos of it.

Who is returning (besides Bell and Dohring)? Aren't they a little too old for high school or even college?
We're in negotiations with the other cast members, and I've spoken to all the other cast members. Absolutely people want to do it, and I'm building it around the 10-year high school reunion, so I'm planning on using the bulk of them but deals still have to be made.

(Kristen) is 28 as we pick up the movie. She has just got out of law school at Columbia and starting to interview for jobs in New York law firms.

Why do you think fans have responded to Veronica Mars so much?
The key to achieving the cult status is being able to hang on for a while. The fact that we started on UPN, and we were allowed to survive some not terrific numbers for a while was part of the equation because having done ABC, we'd only have been on for two episodes and we would never have been allowed to grow into a cult status.

Seinfeld started out with an order of six on a death night, and they allowed that to build. It went beyond cult status. I think being somewhere where no one noticed, where you weren't expected to do good numbers or great numbers was key, and I think the character herself, Veronica, was a great fit for UPN.

When I first went in there to have a meeting, they told me the direction they wanted to take the network. They said, "We think we're going to skew young and female, and we're looking for female empowerment shows."

I had written Veronica Mars a year before on spec. I had just written it for myself because it was an idea I was inspired by. I told them, "Well, I have a script in a drawer at home about a very empowered teenage girl."

I taught high school, in particular I taught freshman English. I was the adviser of the yearbook. I hung out with a lot of teenage girls. I had a lot of teenage girls' voices in my head. As a yearbook adviser, that's primarily who you're there after school with on worknights with. I think girls at that age are some of the most self-conscious people on the planet.

One of the things I thought about Veronica Mars is that if she had some superhero power it's that she's beyond self-consciousness — that her life had taken her down such a rocky road, and she'd come out the other side and it was a pretty tough girl. She could say those things that I think teenage girls often wished they could say or (were) bold enough to say in a make no apologies sort of way, and I think that connected with a UPN audience.

What about your other series Party Down? Will you be trying Kickstarter with that?
We're down a path with that. We hope that will become a movie as well. We're not going the Kickstarter route. We're writing a script for an independent production company that we really respect. We hope for good news on that in the next year or so.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Jay-Z and Beyoncé in hot water over their Havana nights

THE WORD
Dorothy Robinson
scene@metronews.ca

Jay-Z and Beyoncé Knowles may be in trouble for their lavish fifth wedding anniversary trip to Cuba last week, as it's raising eyebrows with a few Florida politicians, according to Reuters. "Despite the clear prohibition against tourism in Cuba (for U.S. citizens), numerous press reports described the couple's trip as tourism, and the Castro regime touted it as such in its propaganda," Florida Representatives Ileana Ros-Lehtinen and Mara Dias-Balart say in a letter to the director of the Office of Foreign Assets Control. "We represent a community of many who have been deeply and personally harmed by the Castro regime's atrocities, including former political prisoners and families of murdered innocents."

A rep for Jay-Z and Beyoncé was unavailable for comment.

There is no word on how Jay-Z and Beyoncé were allowed to enter the country (travel for American citizens is very strict). My working theory? They are secretly Canadian.

Lindsay Lohan ALL PHOTOS: GETTY IMAGES

Fest a 'recipe for disaster' for Lohan: Friend

Lindsay Lohan infamously scheduled her upcoming 90-day rehab stint to start next month so that she can hit up the Coachella music festival starting this weekend, but at least one friend thinks she should skip it.

"I fear for her life if she goes to the festival," Danish promoter Claus Hjelmbak tells Radar Online. "Lindsay is in a very dark place right now, and I'm absolutely scared for her life. Coachella is the last place she needs to be. For someone struggling with addiction, like Lindsay, the amount of drugs and alcohol at Coachella is just a recipe for disaster waiting to happen."

The music festival takes place over two weekends in the desert near Palm Springs, with a packed schedule of famous bands set to perform, including the Red Hot Chili Peppers, Moby and the Airborne Toxic Event.

Barrymore is fine with not having it all

Drew Barrymore is learning a lot now that she's a mom. "I know it seems like I do everything, but there's so much I had to give up. Things have to go and that's unfortunate," she tells Us Weekly. "You know that you're going to miss out on your child's upbringing or you realize that your relationship is going to suffer if you work night and day and weekends. Unfortunately, I was raised in this, like, generation of like, 'Women can have it all,' and I don't think you can. I think some things fall off the table. The good news is, what does stay on the table becomes much more important."

Drew Barrymore

Twitter

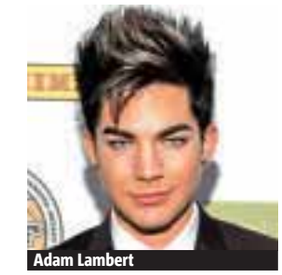
@ElizabethBanks
RIP Margaret Thatcher. A role model for women & young girls across the world. Also, my high school Halloween costume.

@samantharonson
Regardless of her politics — I grew up believing that I could be anything I wanted to be, even Prime Minister — lucky 4 you all I didn't.

@pattonoswalt
"Karen Silkwood, Julia Child, and now Margaret Thatcher. The Streep Curse, man" -- world's dumbest conspiracy theorist

Lambert splits from Finnish boyfriend

American Idol vet Adam Lambert is single again, having split up with boyfriend and Finnish Big Brother winner Sauli Koskinen, Lambert tells the South Florida Gay News. "It's been kind of on its way out in the last couple of months," Lambert says. "Sauli and I remain really good friends, and I know it's a cliché to say, but it's totally true."



Adam Lambert

How Beyoncé bid bye bye to her baby Blue weight

Fitness. Squats, shakes and nerves of steel — we look back on how the bootylicious singer got back into shape after giving birth to her daughter

ROMINA McGUINNESS
life@metronews.ca

We find out how she was sure to squeeze into her (super tight) stage clothes so quickly.

Pack it on, get it off

Beyoncé gained a total of 57 pounds throughout her pregnancy.

But with her first show scheduled just three short months after having her baby, she had to lose it all — and fast.

At the time, she was quoted as saying, "I'm definitely softer, but I feel my body bouncing back."

It did.

And it probably wasn't much fun.

"Y'all have no idea how hard I worked! I had to lose 60 pounds. They had me on that treadmill. I ate lettuce!" she confessed to her fans.

But her trainer, Marco Borges, explained how her slimmed-down frame was simply the result of proper nutrition, regular workouts and breastfeeding.

One year on, she's maintained a stable weight.

Proper nutrition — eat lean, eat green and stick to your plan

After initially shedding the extra pounds by sticking to a diet of vegetables, fruit, nuts, seeds, grains and clean proteins, Life & Style reported that in order to make sure the weight didn't creep back on, Beyoncé has one vegan meal a day.

The eating plan was recommended by Borges, who believes that a meat and dairy-free meal is a great way to get, "people to eat more greens than they normally would."

And whenever she craves a crunchy snack, she ditches the chips and reaches out for something healthy like edamame beans, green apples or cucumbers sprinkled with vinegar, cayenne pepper and lemon.

Fierce discipline, regular explosive workouts

Fitting into tiny corsets and exposing your thighs in fishnet tights is a struggle for most women. Yes, even Beyoncé. Opening up to Shape Magazine just weeks before the start of her world tour, the singer revealed how difficult keeping in shape can be.

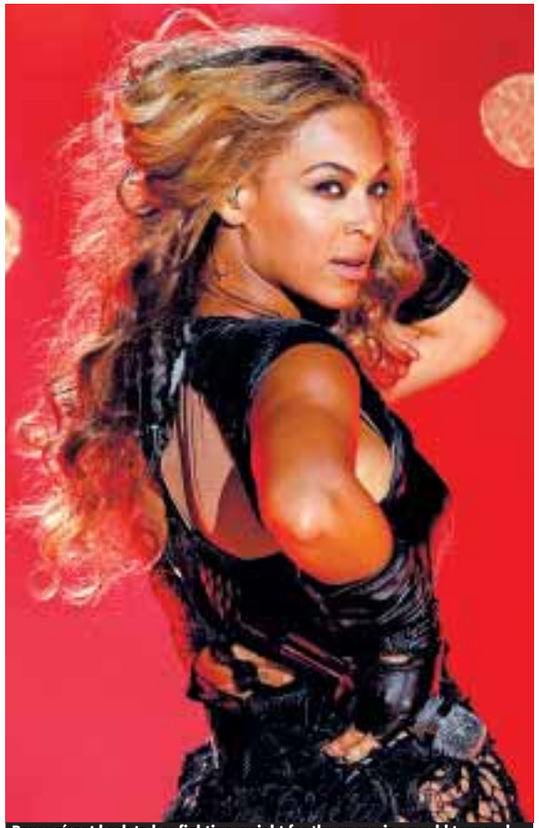
"I'm not a person that is naturally very thin. I am a person that has to work at keeping my body in shape," she said.

But how does she manage to do that?

It's thanks to her drive, determination and dedication, Borges said, also to Shape.

"We do a combination of cardio, calisthenics, resistance exercises and yoga. Whether she's doing lunges, plies, reverse lunges or squats, she does 100 repetitions. When you do those sets, it is really an extension of your cardio, so you can sculpt muscles while building endurance. Beyoncé is really hardcore. She trains for 60 to 90 minutes, four to five days a week."

She sweat and she ate lettuce. But never once did she give up her boobs, her hips or her bum in favour of skin and bone. She's a healthy, happy working mama.



Beyoncé got back to her fighting weight for the upcoming world tour and her return to the world's stage. GETTY IMAGES

You too can have those glutes

We did a mashup of Beyoncé's amazing Super Bowl halftime performance moves, and came up with our dream celebrity workout

Mighty arms

If you want to push yourself further, try holding a microphone in each hand.

The hipster shake

If you can simultaneously head bop and swing your hips, you've nailed it.

Hip thrust

Take that, pelvic thrust. This is one badass Kegel exercise.

Grind squats

Hover over that floor like it's hot.

Booty bumps

The aim is to make that bum bounce.

Roasted peppers, pine nuts, goat cheese make tasty trio

This recipes serves six. LORELLA VANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

I can never make enough of this simple salad.

In restaurants, roasted peppers are often marinated in oil, which adds calories and fat. Here I use only one tablespoon of olive oil — and the results are outstanding.

Red, yellow, and orange bell peppers contain an abundance of beta carotene and antioxidants, which help in the fight against cancer.

Nutritional info

Per serving: 88 calories; 2.7 g protein; 4.9 g fat; 1.3 g saturated fat; 8.3 carbohydrates; 20 mg sodium; 2.2 mg cholesterol; 2.5 fibre

Ingredients

- 6 bell peppers of various colours, roasted
- 1 tbsp olive oil
- 1 tsp balsamic vinegar
- 1/4 cup crumbled goat cheese
- 3 tbsp chopped fresh basil or parsley
- 2 tbsp pine nuts, toasted

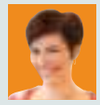
1. Slice roasted peppers in thick slices; arrange on platter.

2. Whisk oil and vinegar together in small bowl. Drizzle mixture over peppers.

3. Sprinkle peppers with crumbled goat cheese, basil (or fresh parley) and toasted pine nuts. ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

Rhubarb rights and wrongs



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Rosy red is the colour of spring; pick rhubarb while the cardinals sing.

Rhubarb is a wild vegetable that we treat culinarily as a fruit.

Not only is it loaded with B vitamins, if you go for the redder the stalks, there is more skin saving Vitamin A in your pie. To boot, this delicious delivery system of eye protection has everything your eyes are looking for: beta carotene, lutein and zeaxathin.

Things NOT to do with rhubarb:

- Do not eat the leaves. They contain nutrient binding oxalic acid as well as poisonous glycosides.
- Do not ruin the low cal benefits by cooking with too much sugar; keep it tart.
- Do not store raw stalks at room temperature. Either store in fridge in plastic or chop and freeze immediately.

Here is the best cooking method to make a spread or pancake topping: Bring 1/4 cup orange juice to a boil; add 2 tablespoons of maple syrup, 1 tablespoon of sugar. Add 1.5 cups chopped rhubarb. Simmer until smooth.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Lunch. Asian Barley and Wild Rice Salad

1. In a large saucepan, bring wild rice and chicken broth to a boil. Reduce heat and simmer 15 to 20 minutes. Add barley and continue simmering an additional 40 minutes. Cover and let stand until all moisture is absorbed. Cool.

2. Put barley mixture in a large serving bowl. Add all remaining ingredients except pecans, and mix well. Place in fridge two hours or overnight. Add pecans just before serving.

RECIPE AND PHOTO COURTESY OF GOBARLEY.COM

Ingredients

- 1 cup (250 ml) wild rice
- 4 cups (1 l) chicken broth
- 1 cup (250 ml) pearl barley
- 2 medium red peppers, chopped
- 1/4 cup (50 ml) chopped green onions
- 2 cups (500 ml) frozen corn, thawed
- 1/3 cup (75 ml) soy sauce
- 1/3 cup (75 ml) rice vinegar
- 1/4 cup (50 ml) sesame oil
- 2 cups (500 ml) chopped pecans

Colourful salad makes great sidekick for grilled meats

Eric Akis's goal when he wrote his book Everyone Can Cook Everything was to create a kitchen bible that people with any level of culinary expertise can use on a daily basis.

That's exactly the case with this Romaine With Oranges, Feta and Olives salad. Akis says if you prefer, you can swap out romaine with an equal amount of spinach leaves.

1. In a salad bowl, whisk together orange juice, vinegar, oil, sugar, salt and pepper. Add remaining salad ingredients and gently toss. Divide among plates or serve on a large platter, ensuring some of the oranges, cheese, olives, onions and tomatoes decorate the top. THE CANADIAN PRESS/ EVERYONE CAN COOK EVERYTHING BY ERIC AKIS (WHITECAP, 2012)

Ingredients

- 45 ml (3 tbsp) orange juice
- 30 ml (2 tbsp) red wine vinegar
- 45 ml (3 tbsp) olive oil
- 2 ml (1/2 tsp) sugar
- Salt and pepper, to taste
- 3 medium oranges, peeled, halved and sliced
- 175 ml (3/4 cup) crumbled feta cheese
- 20 to 24 whole black olives
- 2 tomatoes, cut into wedges
- 1.5 l (6 cups) chopped romaine lettuce
- 1 small red onion, thinly sliced

This recipe serves four. THE CANADIAN PRESS H/O

Nasty T5 slip surprise? Don't panic

YOUR MONEY
Alison Griffiths
money@metronews.ca

A reader who owned 200 Kraft Foods shares received a nasty surprise when a T5 slip arrived showing nearly $3,000 in U.S. dividend income.

Kraft Foods Group split into Kraft Foods and Mondelez International in October, 2012. Every 100 shares of Kraft turned into 100 of Mondelez and roughly 33 of Kraft. The Kraft shares are deemed to be a foreign dividend by the Canada Revenue Agency and taxed as ordinary income.

If you are in this situation, don't panic about suddenly having more income than expected.

"An election can be made under Section 86.1 of the Income Tax Act to exclude the deemed dividend from income," notes Winnipeg-based tax expert and author, Evelyn Jacks. "This election must be made in writing and sent to CRA.

Owning company shares can show as extra income on your T5. ISTOCK IMAGES

"Indicate the number and cost base for the original Kraft Foods Inc. shares; and the shares received as a result of the spin-off. If you make the election to exclude the dividends, then the cost base of the post spin-off shares is based on the cost base of the original Kraft Foods Inc. shares. The cost base is allocated between the new shares according to the fair market value immediately after the spin-off." (Sign up for Jacks' free tax newsletter knowledgebureau.com)

So far so good, but now we must establish a cost base for the shares to report when and if they are sold.

Jacks comes to the rescue with a little math. Let's say the shares were purchased for $20, $4,000 in total for this reader. This is called the Average Cost Base, ACB. The Mondelez shares were trading at $28 and the Kraft shares at $45.42 per share, post spin-off. Therefore the 200 Mondelez shares were worth $5,600 and the 66 Kraft Foods Group shares came to $2,997.72 US.

Take that $4,000 ACB and allocate it like this:

Mondelez: $4,000 x $5,600 divided by ($5,600+$2,997.72) = $2,605.34

Kraft: $4,000 x $2,997.34 divided by ($5,600+$2,997.72) = $1,394.48.

Those are the new ACBs for the shares. If you sell half the Mondelez and half the Kraft in the future, adjust the cost base accordingly to report the capital gain or loss on your taxes. Stick the formula, and a few notes, in your investment file so you can reconstruct what you've done down the road. Now go take a headache remedy.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Survey says

U.S. women now twice as likely to live with a guy before marriage

Nearly half of young U.S. women say the first time they lived with a guy, they weren't married.

That's the finding of a government survey released Thursday.

The results are a marked change from 1995, when only 34 per cent said they moved in together. Now it's 48 per cent. Back then, 39 per cent said they married first, compared to 23 now.

Experts say the numbers show living together is increasingly used as a testing ground for marriage. About 40 per cent of the women who lived with a guy went on to marry him within three years.

The survey by the federal Centers for Disease Control and Prevention questioned more than 12,000 women younger than 45 from 2006 to 2010.

THE ASSOCIATED PRESS

Are healthy couples happier couples? Create a routine with your partner

NATALIE LAVOY-FURTADO
2life.io

Getting in shape isn't always easy, but it helps when you have constant motivation from your partner.

"My boyfriend was a huge help in terms of introducing me to a fit lifestyle and keeping me motivated," says Bianca Del Bois of Burlington, Ont., who used to live an unhealthy lifestyle but is now a healthy fitness guru.

For most couples, it really helps if both parties are into a healthier lifestyle. "We do the same routines together, jog together and do some creative outdoor workouts," says Del Bois. Working out with your partner can be fun, but are healthier couples really happier couples?

"Without sounding biased, yes!" says Del Bois. "I've never been happier or healthier in a relationship before. We really motivate each other to reach our full potential."

Couples who sweat together stay together. ISTOCK IMAGES

Now training to compete for two bikini competitions in May and June, Del Bois is always changing her diet and workout to keep it fresh.

It sounds easy but it has been hard work.

She finds that the improvements in her lifestyle have made this all worth it. "Physically I've increased stamina during cardio sessions, much more muscle definition and toning and an overall healthy appearance," says Del Bois.

Now people are so amazed by her hard work transformation that they go to her for help to achieve their fitness goals, so what advice does she have for us?

"The first steps to getting in shape would be to adjust your eating habits and just start with 30 to 45 minutes of physical activity a day, whether it's cardio, weight training, or even a Zumba class."

She also showcases her hard work, healthy recipes, and gives advice on her Facebook page, YouTube channel, and blog.

Go to 2life.io to learn about our exciting new app for two coming soon, follow us @2lifeapp on Twitter

DREAM BIG

ISTOCKPHOTO/THINKSTOCK

The world is a faster-moving, more competitive place than ever before. It is smaller, too. If you want to compete — if you want to make money — you have to get a good education.

But that's nothing new, is it? The days when you could get ahead without post-secondary education of some kind are long gone. No matter what field you belong to, chances are you will have a certificate, diploma or degree on your resumé. That piece of paper isn't just your means of getting ahead, it's your means of getting started.

Luckily, colleges and universities in this country are there to help. More than ever, they are meeting students halfway — offering full-time, part-time, accelerated and even online delivery models to suit almost anyone's lifestyle, learning style, or schedule.

And their variety of offerings continues to grow. Universities are expanding their degree programs into new subject areas, reflecting a more multicultural, tolerant, technocratic society. Many colleges offer degree programs now, too, while maintaining the focus they have always had on matching students with great jobs.

These schools aren't strictly for young people, either. Mature students, hoping to retrain, upgrade their skills or seek out new careers entirely, are being welcomed into programs designed with their needs in mind.

A good education remains our best way of finding the work we are meant to do — a career we are passionate about, one that inspires us to keep improving and keep learning for the rest of our lives.

Post-secondary institutions of all kinds will be starting their spring and summer programs soon. One of those programs might be right for you. Do your research, ask questions and, most importantly, don't be afraid to dream big. Your educational journey is just getting started.

– Chris Edwards

CONQUER CHALLENGES

WITH U OF TORONTO ITLP PROGRAM

UNIVERSITY OF TORONTO PHOTO

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The career program made a big difference for Labiba Rukhsana. Born in Bangladesh, Rukhsana completed her legal education in the United Kingdom. She then immigrated to Canada, where she passed her NCA exams but could not find an articling job. By the time she graduated from the career program, she had one waiting for her.

"The career program provided me a set of tools and resources tailored to my needs," Rukhsana says. "It was a tremendous motivational force. I continue to benefit from it in my current search for an associate position."

ITLP students must be Canadian citizens, permanent residents, or convention refugees, and must have completed a law degree in their home country. To learn more, and how you can enrol, visit itlp.utoronto.ca.

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ITLP
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U OF REGINA DOING ITS PART

BRINGING EDUCATION TO ABORIGINALS

Keith Bird
UNIVERSITY OF REGINA PHOTO

The number of Aboriginal Canadians achieving post-secondary education in this country remains far too low. It is estimated that 65,000 new graduates will be required to close the gap, a large challenge requiring co-operation between Aboriginal representatives, government, and educational institutions.

The University of Regina is doing its part.

This May, the university will host Aboriginal Summit 2013 — a coming together of Aboriginal and non-Aboriginal educators and policy-makers, each of whom has made improving access to post-secondary education a priority.

When the summit concludes, the work will continue. The University of Regina's percentage of students who self-identify as Aboriginal is one of the highest in Canada — approximately 10 per cent — and addressing their educational needs is a priority. This means offering proper transition programming for students before they enrol, and social, cultural and educational support for them afterward.

The university achieves this in several ways. One of the most visible is the Aboriginal Student Centre, an inviting space where Aboriginal students can interact with one another, with instructors and staff, tutors, cultural figures, and even community leaders. The ASC recently underwent a substantial renovation, doubling its size. These renovations include elaborate glasswork created by Keith Bird, a retired iron worker and member of the Cote First Nation, currently pursuing his master's degree at the university.

Perhaps the U of R's biggest contribution to Aboriginal education is its partnership with the First Nations University of Canada. FNUniv provides Aboriginal students with a unique educational environment, combining classroom-based instruction with traditional ceremonies and other cultural experiences. All of FNUniv's courses, programs, and instructors are accredited by the University of Regina, which also opens all of its classes to FNUniv students.

Meanwhile, the University of Regina continues indigenizing its own campus, through initiatives like the Aboriginal Advisory Circle, a group of Aboriginal faculty and staff who meet regularly to advise the university president on matters concerning Aboriginal students.

These measures, and many others, aren't intended simply to benefit Aboriginal students. Through improved dialogue and interaction, students of all backgrounds can enjoy the rich cultural heritage of Canada's Aboriginal Peoples.

SUMMIT WILL AIM TO NARROW EDUCATION GAP

When Dr. Lloyd Barber passed away in 2011, he left to the University of Regina a legacy fund, intended for one purpose — the promotion of Aboriginal education. He knew that closing the gap in educational attainment between Aboriginals and non-Aboriginals was vital, not just for the former group, but for the latter, too. Education is the first step to understanding.

The university has invested this gift in several ways. One of the most important is the upcoming Aboriginal Summit, to be held May 23-24.

"We are pleased to host this national summit," says Vianne Timmons, the university's president and vice-chancellor. "It is a way to honour Dr. Barber and build upon his legacy of, and commitment, to Aboriginal post-secondary education in Canada."

UNIVERSITY OF REGINA PHOTO

Speakers and panelists will include Chief Perry Bellegarde of the Little Black Bear First Nation, Paul Davidson, president, Association of Universities and Colleges of Canada, Roberta Jamieson, lawyer and activist, and Dr. Lloyd Axworthy, president, University of Winnipeg.

The theme of the summit is Identifying Best Practices. Speakers will address this theme in several ways, focusing on issues such as scholarship support for Aboriginal students, and provincial and national initiatives related to education. They will also discuss outreach — how to build links between educational institutions and Aboriginal communities that make education accessible and inviting for young people.

"Aboriginal people in Saskatchewan, and across Canada, have traditionally been underserved by our post-secondary education system," Timmons says. "There has been tremendous progress in recent years, in large part due to the work of visionaries like Dr. Barber, but the educational attainment gap still remains. This summit will help us find ways to narrow it."

Attendees from across Canada — many of them leaders in post-secondary education themselves — have already registered for Aboriginal Summit 2013. To be one of them, visit aboriginalsummit2013.ca.

The **University of Regina** proudly presents:

The Lloyd Barber Summit on Aboriginal Post-Secondary Education: "Identifying Best Practices"

Welcoming Keynote Speakers:

- Chief Perry Bellegarde
- Dr. Lloyd Axworthy
- Ms. Roberta Jamieson
- Dr. Cynthia Wesley-Esquimaux

This informative two-day summit will explore best practices in post-secondary education and the delivery of quality education for Aboriginal peoples across Canada.

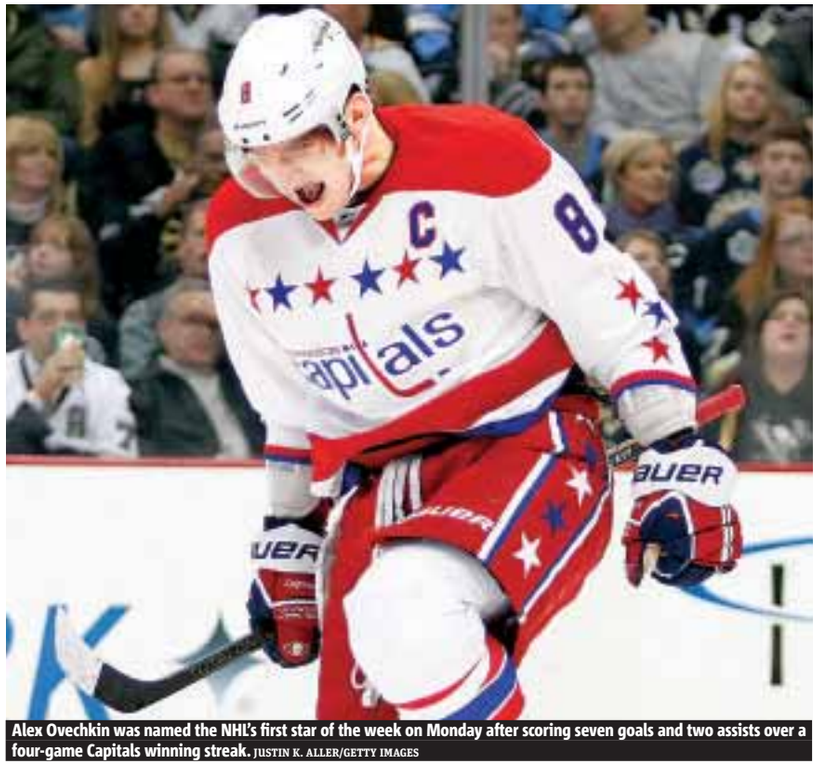
Our Masters of Ceremonies will be Dr. Jo-Ann Episkenew and Dr. Mike DeGagne. In addition, AUCC President Mr. Paul Davidson will host a dialogue session featuring Mr. Cadmus Delorme, Chief Tammy Cook Searson, and Ms. Maureen Johns.

University of Regina

Register at:
www.aboriginalsummit2013.ca

Ovechkin comes full circle with Oates' trust

NHL. New coach and captain have Capitals surging towards another Southeast Division title



Alex Ovechkin was named the NHL's first star of the week on Monday after scoring seven goals and two assists over a four-game Capitals winning streak. JUSTIN K. ALLER/GETTY IMAGES

It seemed like a risky move. A first-time NHL head coach was going to try to persuade a two-time league MVP to take up a new position.

But something had to be done. Alex Ovechkin's recent numbers made him look like a stock gone bad, a valid analogy considering the Capitals aren't paying him nearly $10 million annually through the rest of this decade to be a decent offensive player whose best years were already behind him.

The 27-year-old Russian's game had become so predictable and incomplete that, a year ago, he was getting benched by defensive-minded coach Dale Hunter late in games, particularly when the Capitals held a lead.

Enter Adam Oates, who moved Ovechkin from left to right wing and now has the Capitals — and Ovechkin — surging. Washington has taken over first place in the Southeast Division, and Ovechkin looks like the sniper of old, netting 16 goals in 14 games to move into a tie for the NHL's goal-scoring lead.

Sounds like the risky move has paid off.

"He never met me before," Oates said. "And I totally respect who he is, and what he's accomplished. And when you suggest something like that, it has to be a meeting of the minds and private conversations, and he had to trust me."

The Capitals' run of five consecutive playoff appearances was in danger of coming to an end after a 2-8-1 start. Oates said on Feb. 26 that his players were only about "60 to 70 per cent" along the way toward getting his system down pat.

Central to the turnaround in March was Ovechkin, who is no longer relying heavily on the same familiar moves. He has 25 goals in 39 games. And there's no more limiting his minutes.

By Oates' reckoning, that's the kind of respect due to the captain of the team.

It's a vote of confidence Ovechkin did not get from Hunter last year.

"It's trust," Ovechkin said. "That's what I don't have last year. " THE ASSOCIATED PRESS

Quoted

"When you have that kind of feelings, you just want to go out there, play for your team, for your coach and do your best out there."

Alex Ovechkin on what it's like playing under new coach Adam Oates.

Olympics

PM pleads with NHL to let its stars play in Sochi

Prime Minister Stephen Harper is urging NHL commissioner Gary Bettman to let the league's stars play in the 2014 Sochi Olympics.

Harper says he speaks for all Canadians who want to see the country's top players don the Maple Leaf at the Winter Games.

NHL players have been part of the Olympics since 1998 in Nagano, Japan.

The league is mulling whether it is worth shutting down its season for a few weeks to let its players take part in the 2014 Games.

THE CANADIAN PRESS

NHL

Crosby not yet ready for return

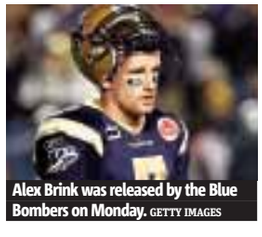
Lacing on hockey skates is going to have to wait. At this point, Sidney Crosby would settle for a meal that didn't require a straw.

The Pittsburgh Penguins star and his surgically repaired mouth remain on a liquid diet as he recovers from a broken jaw sustained in a win over the New York Islanders on March 30. The NHL's leading scorer remains sidelined indefinitely and has not been cleared to return to practice.

Crosby expects to meet with doctors later this week. "We'll see how it heals and it will be a process here the next little bit but I'm not too worried about the teeth," he said. "I'm worried about making sure I'm healed and hopefully that's sooner rather than later."

THE ASSOCIATED PRESS

CFL. Bombers find pair of QBs after dropping Brink



Alex Brink was released by the Blue Bombers on Monday. GETTY IMAGES

Buck Pierce will be the starting quarterback going into training camp for the Winnipeg Blue Bombers this season, but the oft-injured pivot will have some new backup.

The Blue Bombers completed their quarterback makeover Monday, signing Max Hall and Chase Clement shortly after releasing Alex Brink.

"All of us feel like Buck gives us the best chance to win," Bombers coach Tim Burke said of Pierce.

But now Winnipeg has some protection if Pierce goes down. Burke said he views both Hall and Clement as potential starters. THE CANADIAN PRESS

MLB

Red Sox's hot start continues at home

A second brilliant start by Clay Buchholz. A clutch homer by Daniel Nava. Another flawless fielding performance by the Boston Red Sox.

The fans at Fenway Park saw for the first time what all the excitement is about as the surprising Red Sox beat the Baltimore Orioles 3-1 in Boston's home opener on Monday. The Red Sox improved to 5-2 for their best start in seven years.

THE ASSOCIATED PRESS

Golf. Teen Tianlang to get pro tutorial at Masters

Guan Tianlang THE ASSOCIATED PRESS

Guan Tianlang is in good company this week at Augusta National.

He played a practice round Monday with two-time Masters champion Ben Crenshaw, then headed out in the afternoon with Tiger Woods. He has a game lined up Tuesday with Tom Watson, an eight-time major champion. On Wednesday, he plans to play with Nick Faldo, winner of six majors.

Can't he play with someone his own age?

Not at this Masters.

Guan, a 14-year-old from China, is the youngest to ever play in the Masters and the youngest at any major in 148 years. He qualified by winning the Asia Pacific Amateur Championship last fall in Thailand, and now gets a crack at the best in the game on one of the most famous courses in the world. THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
Your mind is full of brilliant ideas. What are you going to do with them? Don't just let them sit there doing nothing. Good ideas are like fertilizer, they need to be spread around so they can help people grow.

♉ Taurus
April 21 - May 21
A new opportunity is about to come your way. Make sure you use it wisely. Yes, you will have to adapt to events that don't feel natural to you, but the effort will be worth it.

♊ Gemini
May 22 - June 21
Someone will try to get you to tone down your opinions a bit today — and you must have none of it. The world needs to hear what you have to say.

♋ Cancer
June 22 - July 23
You need to act tough today, even if you don't feel tough. Give employers and other important people an image of you that is strong and self-assured, even if that is far from what you actually feel.

♌ Leo
July 24 - Aug. 23
This is a wonderful time for you, a time of exciting adventures and encounters. You certainly won't have any reason to complain that you are bored over the next 24 hours. If anything, there will be too much going on.

♍ Virgo
Aug. 24 - Sept. 23
You have so many options that it may get a bit too confusing. What happens over the next two or three days will nudge you in the right direction. Any choice is a good choice.

♎ Libra
Sept. 24 - Oct. 23
From the look of your solar chart, it would appear that someone is hoping you will say or do something they don't have the guts to say or do themselves. You don't mind.

♏ Scorpio
Oct. 24 - Nov. 22
Don't stop to question why you are following a certain course of action. The fact that you have begun means you need to go all the way, regardless of whether your initial choice was right or wrong. Just do it.

♐ Sagittarius
Nov. 23 - Dec. 21
You are proud of your openness to new ideas but one idea you encounter today may be a bit too much for you. Does it make you feel uncomfortable that an unpleasant belief may be true?

♑ Capricorn
Dec. 22 - Jan. 20
It seems you have something to say that is likely to hurt the feelings of more sensitive sorts. Say it anyway because someone has to tell the truth.

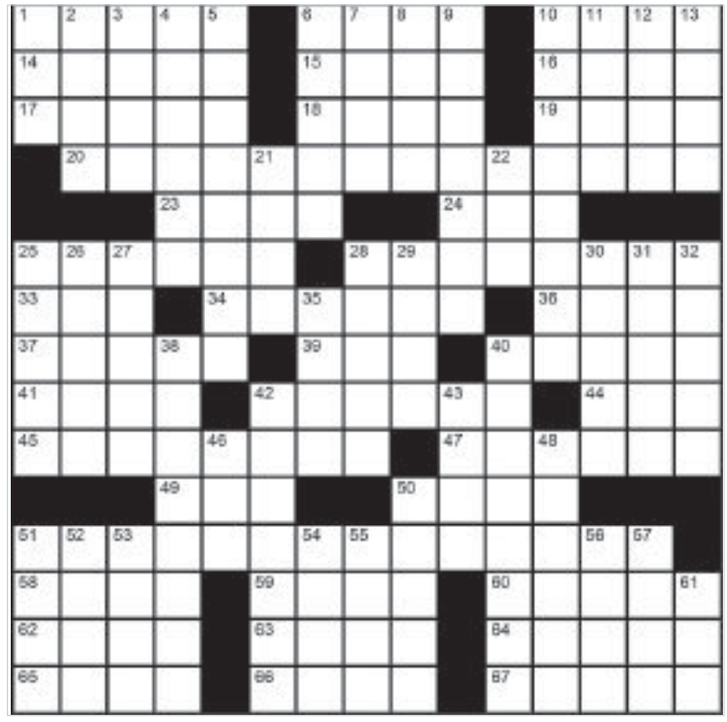
♒ Aquarius
Jan. 21 - Feb. 19
Spend time with friends today because they can help you get past the negative thoughts you've been having of late. You've done so much for them that they will jump at the chance to repay your kindness.

♓ Pisces
Feb. 20 - March 20
What happens today will make it clear where you stand with certain people and why your association is unlikely to last. Not all relationships stand the test of time. Move on to better things. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



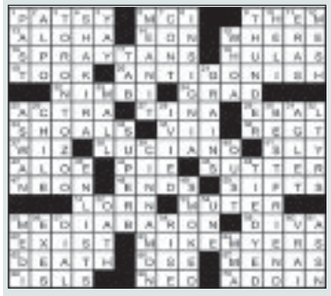
Across

1. Cable news channel
6. Cutting remark
10. Gladiator's 451
14. Standoffish
15. Wing-shaped
16. Iron, and others
17. 1994 gold medal figure skater, Oksana __
18. Not wild
19. Kind of lily
20. Its slogan is 'Let's get moving.'
23. Belgium neighbour, for short
24. Anonymous surname
25. __ corpus
28. Canadian show Tracy Moore hosts
33. Ms. Gardner
34. Money, informally
36. Top-__ washer
37. Court garbs
39. Hit the jackpot
40. Singer Ms. Braxton's
41. Classic record label
42. Livestock food
44. 'Select' suffix
45. Ancient strong guy
47. Mimer Mr. Marceau
49. "__ questions?"
50. Flintstones pet
51. Canadian-invented board game: 2 wds.
58. Mystique
59. Hot Heat __": 2 wds.
21. "Don't make __ complicated.": 2 wds.
22. Not forthright
25. Severe
26. "Let's take _ __."
27. Jean de Brunhoff's elephant
28. Lummoxes
29. "..._ __ my Annabel Lee..." - Edgar Allan Poe
30. Ancient Greece column style
31. Gullible
32. Car named after Henry Ford's son
35. "_ __ is me." (Sniff, sniff)
38. Dig up
40. Catch a connecting bus
42. "...only __ __ / I don't know where my soul is..." - Nelly Furtado
43. Title in Turkey
46. Prefix to 'form' (Soldier's suit)
48. Mickey of movies
50. Garbage spots
51. Accept
52. Bits of vocal acrobatics
53. Van Gogh flower
54. Tardy
55. Ship's front
56. "_ __ to please!"
57. England's Newcastle-upon-__
61. Beatles' Pepper, e.g.
60. Becomes threadbare
62. Make a scarf
63. Above
64. "Stand By Me" by Ben _. __
65. 'Fin' finisher
66. Longbow woods
67. Was introduced to again, say

Down

1. Fairy queen in literature
2. __ on some paint
3. 'Para' suffix ("I'm being watched!" feeling)
4. Matt Damon flick, "The __ Supremacy" (2004)
5. Ti-Cats, Stamps and Bombers: 2 wds.
6. Collection of stuff
7. Jai __
8. Incline
9. Scope
10. Diana Krall's musician hubby, Elvis __
11. Three: German
12. Toy building block
13. Glenn Frey's "The

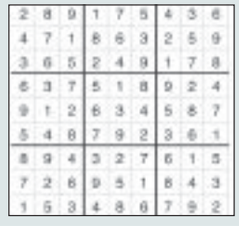
Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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